

# Carolina country



## Enjoy Winter

INSIDE:

Feeding birds  
Hoppin' John  
Space heaters

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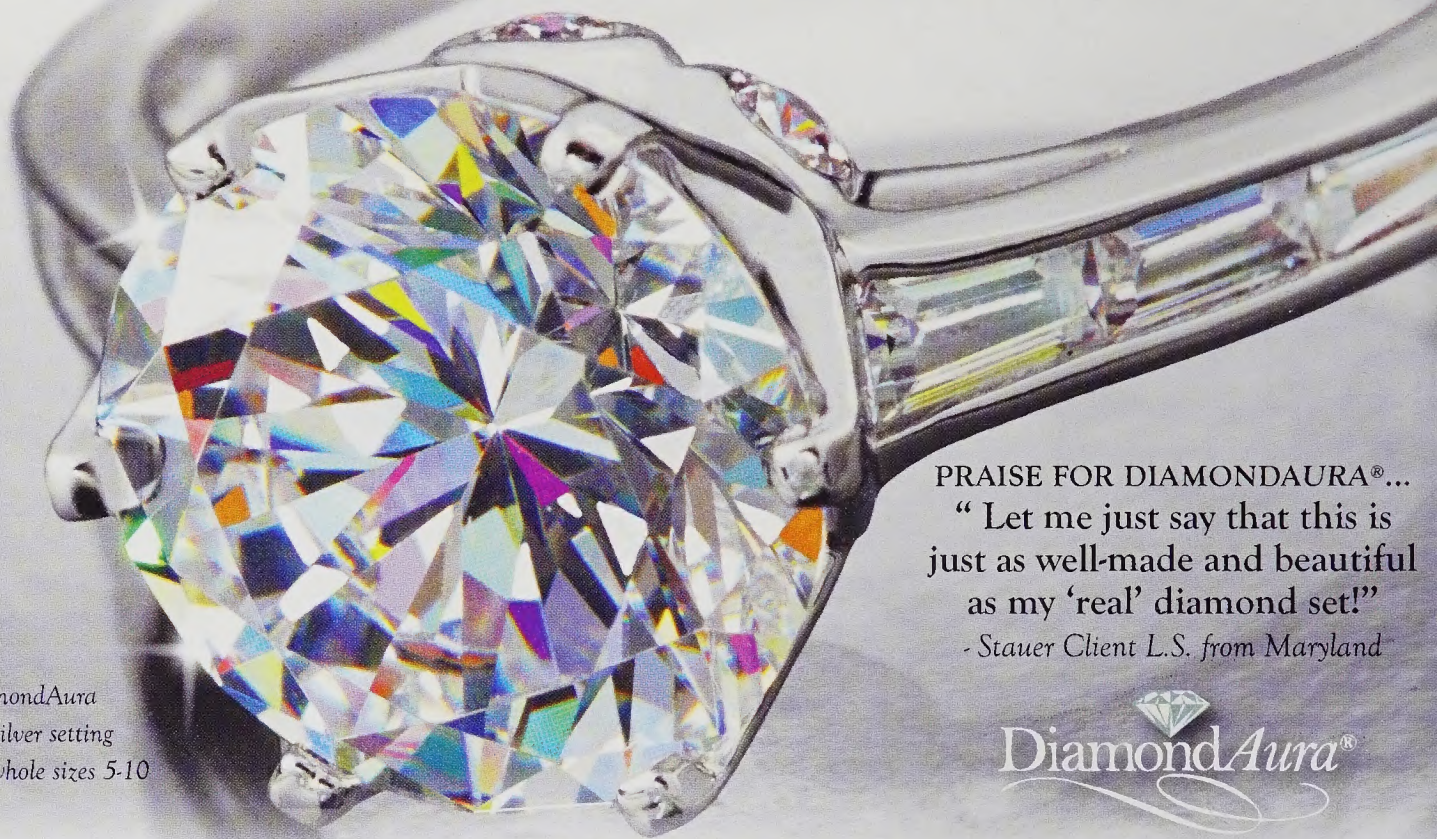
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Your Touchstone Energy Cooperative

Sunshine is free. Solar power is not. — see page 4



# Unrock Her World



4 1/4 ctw DiamondAura  
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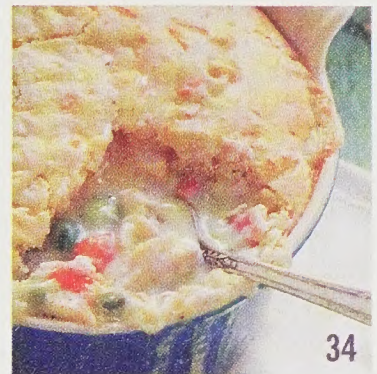
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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

## Sunshine is free. Solar power is not.



By Michael W. Burnette

The sun has been supplying energy on earth far longer than humans have been using energy. How long has the sun's energy made fuel that grows plants?

So why don't we convert the sun's energy to produce the electricity we need?

The fact is, we are using solar energy to produce solar power that helps us run our lives. In the past 40 years, technology has advanced remarkably to tap solar energy for use in homes, businesses and even vehicles. A now-common example is a rooftop solar panel assembly that heats water in a building's plumbing system.

Technology for converting solar energy into electricity has advanced as well, to the point where solar electric (photovoltaic) arrays on suitably exposed buildings can supply electricity to those buildings — when the sun shines. It's still expensive for homeowners and businesses to install photovoltaic systems, making the electricity they produce more costly than buying from a utility like an electric cooperative. But each kilowatt produced — when the sun shines — is a kilowatt that a conventional power plant does not need to produce at that moment.

Similarly, solar electric technology is producing electric power on a large scale. Solar electric "farms" are generating electricity — when the sun shines — in many states, including North Carolina. The home shopping retailer QVC hosts an 18-acre solar electric farm at its distribution center near Rocky Mount on the system of the Edgecombe-Martin County EMC electric co-op. Duke Energy buys

power from a 16-megawatt solar farm in Davidson County, enough power to supply about 2,600 homes — when the sun shines.

The key to understanding how solar-generated power fits into the overall U.S. electricity grid is to realize that when the sun does not shine,

photovoltaic solar panels produce no electricity. To ensure an uninterrupted flow of electricity, utilities own an infrastructure, or "grid," of generating plants, substations and interconnected transmission and distribution lines and equipment that supply the exact amount of power consumers require 24 hours a day, seven days a week, rain or shine, day and night. The

generating plants on the grid are fueled from a diverse fuel mix that includes natural gas, coal and nuclear power, available to run around-the-clock, as well as multi-megawatt solar farms and roof-top solar at small businesses and individual homes that generate electricity — when the sun shines.

Planning, building and managing that grid is a very complex business. We all benefit from the grid, and we all must pay to keep it running.

Electric utilities, including North Carolina's electric cooperatives, are increasing their deployment of affordable, clean, renewable energy sources to generate electricity. Solar power is part of the mix, but unlike sunshine, it is not free.

Mike Burnette is senior vice president and COO, Power Supply Division, for the North Carolina Electric Membership Corp. NCEMC is the power supply cooperative owned by the state's electric cooperatives.





### Sweet potato chicken

I dug up this sweet potato in my garden. Add a beak out of straws, the feathers and a wire bracket for feet, and we have a chicken!

*Melvin Tucker, Alexander County, EnergyUnited*

### Unclogging a septic tank

Seeing the ad for unclogging septic tanks [November 2013] reminded me of our own septic tank situation.

Ten years ago, my wife and I, both natives of Rockingham (the town, not the county), returned to our home state when we bought a chalet at High Meadows in Roaring Gap. It is the model home built for the golf and country club community in the early 1960s. The home had been much modified over the years, including a garage at the ground level.

Two years after we took up residence, we began having septic tank problems. The real problem turned out to be the location of the tank. I called the previous owner to ask where it was located. She didn't know. In the 25 years she and her husband had owned the home, they never had the tank pumped out. "We never had a problem," she said. So they never had to locate the septic tank, which by now was clogged solidly.

Two weeks of efforts by half a dozen plumbing experts paid off finally. It seems when the garage was built, the tank was in front of it, so now it was under six inches of driveway concrete. At the time, we had a septic tank at our Florida home, and we had it pumped out every three years. I mentioned the previous owner's conversation with my plumbing contractor, who responded, "That's the way people here do, Dave. If they don't have problems they leave it alone." He said he gets calls all the time from residents to help unclog a septic tank that has never been pumped out.

It's an awful experience. At least ours was only stopped up solid, not smelly, but it required replacement, which, with the peripherals like uprooting the concrete driveway and re-installing it, along with a new septic tank, cost more thousands of dollars than I like to remember.

*Dave Rush, Roaring Gap, Blue Ridge Electric*

### Around Lake Chatuge

My husband, John Buckley, is reliving his childhood riding his fat tire bike all around the lake. This is God's country.

*Sarah Buckley, Hayesville, Blue Ridge Mountain EMC*



### Reflection on Lake Gaston?

I took this photo from my deck at Lake Gaston. It is the top of a tree, but the way that it came out it has the look of a reflection on the water.

*Troy Glover, Youngsville, Wake EMC*

### Free radon testing kits

Thanks very much for publishing information about homeowners testing for radon at their houses ["On the House," October 2013]. It has helped very much to get the word out about this important issue. North Carolina residents may be interested to know that from January 1–31, our office will be giving free radon-testing kits, on a first-come first-served basis. To learn more, visit [ncradon.org](http://ncradon.org) or call (828) 712-0972.

*Phillip Gibson, radon program coordinator  
N.C. Dept. of Health and Human Services  
Raleigh*

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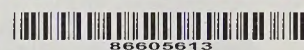
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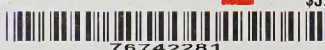
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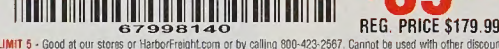
**900 PEAK/800 RUNNING WATTS 2 HP (63 CC) GAS GENERATOR**

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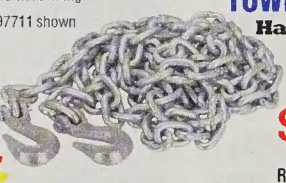
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**SUPER COUPON!**

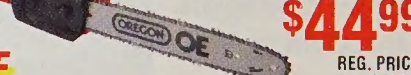
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**CHICAGO ELECTRIC 14" ELECTRIC CHAIN SAW**

LOT NO. 67255/61592

**SAVE 40%**

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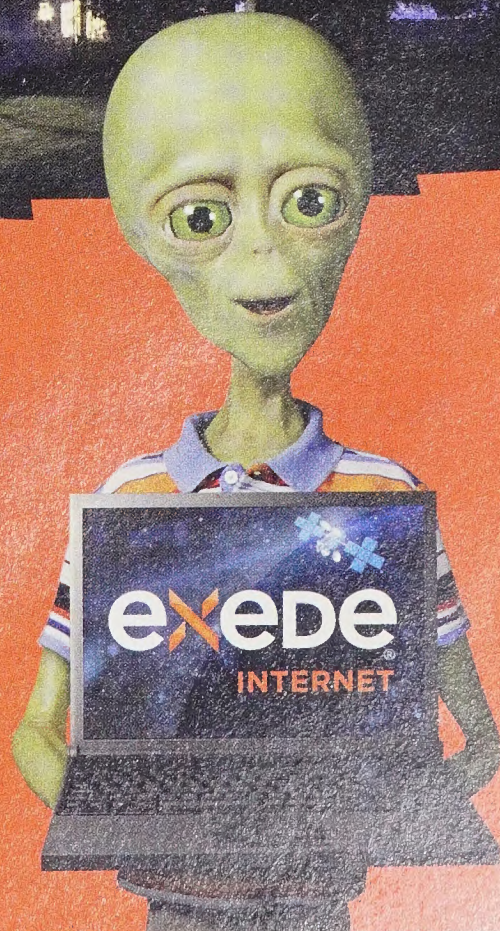
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## NCEMC is among the top co-ops in nation

Once again, North Carolina Electric Membership Corporation has made the top Co-op 100 list. The list, issued annually by National Cooperative Bank, highlights the success and economic power of member-owned, member-controlled businesses. The only annual report of its kind, it lists the nation's top 100 revenue-earning cooperatives.

Based in Raleigh, NCEMC ranked 53 on the list, with \$1.4 billion in revenues and \$1.6 billion in assets for 2012. Its ranking was up two spots from its 2011 ranking of 55.

NCEMC, which is owned by and supports electric cooperatives in North Carolina, is one of the largest generation and transmission cooperatives in the nation. Formed in 1949, NCEMC and its member cooperatives own part of the Catawba Nuclear Station Unit 1 in York County, S.C., as well as four peak-load generating plants. NCEMC also is responsible for electricity purchase contracts with Duke Energy, Dominion Power, Southern Company and others in the region, as well as by contract with producers of hydro-electric, wind and solar energy.

Other cooperatives highlighted include: REI (recreational equipment), based in Sumner, Wash.; Ocean Spray (juice, fruit and snacks), based in Lakeville-Middleboro, Mass.; and Ace Hardware Corp. (retail stores), based in Oakbrook, Ill. CHS, a Minnesota-based energy, grains and food operation, took the No. 1 spot with 2012 revenues of almost \$40.6 billion.

National Cooperative Bank, headquartered in Washington, D.C., provides banking solutions to meet the needs of cooperatives nationwide. To see the report, visit [ncb.coop](http://ncb.coop).

## Learn how to run for public office

North Carolina's electric cooperatives and the North Carolina Credit Union League will co-host three educational sessions for individuals interested in running for public office this fall.

The Campaign Academy was created by electric cooperatives to help prospective candidates for city, county, state or federal office positions make the best decisions regarding their potential candidacy and their campaigns.

The school is open to candidates of any political party and will feature seasoned campaign veterans and professionals. Potential candidates will learn the basic set-up of a campaign and the financial and time commitment required. The school will focus on the core areas of fundraising, campaign strategy, message development and communication skills. Attendees will also learn about campaign rules and regulations from State Board of Elections representatives.

Sessions will be held in Rocky Mount on Jan. 28, in Fayetteville on Jan. 29 and in Hickory on Jan. 30. Registration is \$30.

For more information, contact Brandon Reed with the North Carolina Association of Electric Cooperatives at (919) 875-3107 or [Brandon.reed@ncemcs.com](mailto:Brandon.reed@ncemcs.com).



*State Sen. Wesley Meredith of Fayetteville offers his insight and experience to potential candidates at the Campaign Academy in 2012.*

## Nuclear energy industry is good for the economy

The nuclear energy industry in North and South Carolina provides a significant economic impact to the states, according to a recent study. An industry coalition, the Carolinas' Nuclear Cluster, commissioned the research to obtain a clear measure of the economic effects of the nuclear industry. The total economic impact tops \$20 billion.

In the Carolinas, the nuclear industry directly provides some 29,000 jobs. The industry has more than \$2.2 billion in direct payroll, and more

than \$950 million paid in state and local taxes.

Total direct impacts are from employment associated with the generation of power at seven nuclear stations in North and South Carolina (including the Catawba Nuclear Station in York County, S.C., partly owned by North Carolina's electric cooperatives), as well as corporate nuclear functions, new construction and employment at the Savannah River and Barnwell sites in South

Carolina. Researchers used purchases and payroll data from these businesses in their evaluation.

The study not only looked at the impact of the operating nuclear plants but also producers of nuclear fuel, engineering and procurement companies, suppliers and subcontractors, and others. Researchers at Clemson University's Center of Economic Excellence in Supply Chain Optimization and Logistics conducted the study.



# 20 years of Bright Ideas

Over the years, electric cooperatives have awarded nearly \$9 million in grants to teachers, benefitting some 1.6 million students

By Lindsey Listrom

In classrooms across North Carolina, students are building rollercoasters, growing gardens, producing plays and using high-tech devices to practice 21st-century skills, thanks to Bright Ideas grants from North Carolina's electric cooperatives.

Bright Ideas grants provide funding to Tar Heel teachers for innovative classroom projects that fall outside normal funding parameters. In 2014, North Carolina's electric cooperatives are celebrating 20 years of supporting teachers and enhancing projects in classrooms through the Bright Ideas program.

It all began in the early 1990s with one dedicated employee at Brunswick EMC, the electric cooperative based in Shallotte. Judy Gore, vice president of customer services now in her 38th year with the cooperative, pioneered the Bright Ideas grant program after witnessing a transaction at a local K-Mart.

"I was in a hurry, and the woman ahead of me had all these items," said Gore, who found out the woman was a teacher using her own money to buy materials for a class project. "I learned that she gave back a significant portion of her paycheck because she wanted her students to have fun and learn at the same time."

Gore and her colleagues at Brunswick EMC had been working to create a new program that would touch the lives of students in their service area, and Judy's interaction with the teacher sparked an idea—to help educators fund projects without having to dip into their own pockets. In May 1993, the first "Partnerships for Solutions" mini-grants of \$250 were awarded by the cooperative.

The rest of North Carolina's electric cooperatives recognized the value in what Brunswick EMC was doing for local teachers, and in August of 1994 the statewide Bright Ideas education grant program was born.



Brunswick EMC's Judy Gore (far left) had an idea in the early 1990s of how electric cooperatives could help local teachers. She's shown here in 2011 with students, teachers and administrators from Supply Elementary School who benefitted from a Bright Ideas grant that funded teacher Noah Klein's "Stop, Think, Act Responsibly" project.


"We're especially proud of the impact of the Bright Ideas grant program, which has received national recognition," said Robert W. "Chip" Leavitt, Jr., CEO and general manager of Brunswick EMC. "Bright Ideas has been a success from day one and is the cornerstone of our commitment to community. What started as a couple of \$250 mini-grants has turned into very necessary financial support for teachers and schools who are in increasing need. Bright Ideas has grown to a statewide program awarding close to \$9 million and impacting more than 1.6 million students, and it's still growing. That's quite a legacy from Judy Gore's initiative, and we're looking forward to the 20th anniversary in 2014."

Gore's coworkers agree that Bright Ideas is truly her legacy. "Judy has come to work every day for the past 38 years to make life better for those that Brunswick EMC serves," Leavitt said. "We thank her for her vision and dedication in creating a program that no doubt will have a lasting impact on generations of students."

In an era of budget challenges, partnerships between educational systems and corporate sponsors are more important than ever. In recent years, cooperatives in South Carolina, Georgia and Alabama have begun awarding Bright Ideas grants to educators in those states.

Gore said grant recipients are grateful for the support and appreciate the simplicity of the grant process. "The program shows respect for their work, their commitment to students and their time," she said.

She never imagined her mini-grant program would grow to have such an important impact in North Carolina and beyond. "We were just trying to do what was right, and I don't think we could have found a better program."

Teachers can apply for Bright Ideas grants of up to \$2,000 from April–September. For more information, visit [NCBrightIdeas.com](http://NCBrightIdeas.com). 

Lindsey Listrom, communications specialist with the N.C. Association of Electric Cooperatives, is the statewide coordinator of the Bright Ideas grant program.



# Try This!

## What you should know about electric space heaters

*They can add warmth in some spaces, but they can't be a primary heat source for a house*

By Jim Dulley

Small electric space heaters in rooms can reduce your heating costs, but only if you set your central heating system (heat pump or furnace) thermostat lower while using them.

A common situation is when a room does not stay warm enough. A person gets chilly in that room and turns the central thermostat higher. This warms the entire house and more heat is lost through the walls, windows and ceiling. It is more efficient to use a small space heater in these kinds of rooms while maintaining the same or lower temperature at the central heat's thermostat.

The maximum heat most small space heaters can safely produce is about 5,100 Btuh (Btu per hour). That translates into about 17 cents per hour of use. Although this seems inexpensive to operate, a heater operating just eight hours per day over a month's time will add \$40 to the home's electric bill. Double that if you use two heaters. Houses typically use central heating systems with a capacity of 50,000 to 100,000 Btuh, so

a single space heater cannot heat an entire house. Be wary of ads stating a small electric space heater can allow your central system to run dramatically less for major savings.

There's not a "best" electric space heater for every situation. It depends on the room and how you plan to use the heater. For example, are you looking for quiet heat in a bedroom at night, heat for just one person watching TV, or will there be a group of people in a large room?

You can choose between direct radiant and convection (air circulation) space heaters. Both types have their advantages. If you have young children, there are also safety considerations.

### Radiant space heaters

Radiant style heaters heat quickly. These use a red-hot ribbon, long quartz or carbon tubes to produce infrared heat radiation similar to the sun's rays. They primarily heat objects and people directly in front of them. Carbon tubes produce infrared heat which penetrates objects and skin slightly below the surface. This makes it very comfortable, effective heat.

Radiant heaters are quiet and ideal for heating a specific spot. For example, I use one to keep me warm while I am writing. To heat a slightly larger area, select a model which automatically oscillates.

These heaters can be hazardous if not used carefully. They should not be placed near anything flammable such as curtains, bedspreads, flammable liquids. In fact they should not be left running when no one is in the




*This is a tower-style ceramic convection heater with an oscillation feature and digital controls and thermostat. The ceramic heating element does not get red hot as most other heaters do.*

room, especially if young children are around. It's not a good idea to use an extension cord with these, either.

### Convection space heaters

Convection heaters are designed to heat the air in the room. This is often done using a built-in fan to circulate room air over the heating elements. Oil-filled, old radiator-style heaters use natural air circulation (as hot air rises) to move room air over the heat source, gently warming a room without bursts of heat.

A convection style heater can heat an entire, large room effectively. There are models with a thermostat and multispeed fan to control the heat output. Also, a ceramic convection heater is safe around young children. If the air flow gets blocked, the heating output automatically drops, and there are no red hot ribbons.

For a bedroom, where quiet operation is important, you can use an oil-filled radiator or a convection heater with a low-speed setting. Another option is a radiant model if you don't mind the red glow. A horizontal shaped one will heat the entire bed area. 

*Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit [dulley.com](http://dulley.com).*

The following companies offer electric space heaters:

**DeLonghi** (866) 528-8323  
[delonghi.com](http://delonghi.com)

**Holmes Products** (800) 546-5637  
[holmesproducts.com](http://holmesproducts.com)

**KAZ/Honeywell** (800) 477-0457  
[www.kaz.com](http://www.kaz.com)

**Lasko** (800) 233-0268  
[laskoproducts.com](http://laskoproducts.com)

**Slant Fin** (516) 484-2600  
[www.slantfin.com](http://www.slantfin.com)

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# Hoppin' Who?

This Southern tradition is a delicious way to guarantee prosperity in the new year

by Carole Howell

If you celebrate the New Year anywhere near the South, you're probably going to be enjoying black-eyed peas in some form. If you don't already know, you're taking part in a tradition dating back to Civil War days. Once considered only suitable for livestock fodder and food for slaves, fields of black-eyed peas, fortunately, were ignored by Gen. Sherman's troops as they stormed the South, and became a food staple for surviving Confederates.

Since then, the humble black-eyed pea has been lovingly considered good luck in the coming year. Served as Hoppin' John with heaping bowls of hot greens and sweet cornbread, you set the stage for a year of prosperity. Traditionally, black-eyed peas represent coins, the greens are dollars, and the cornbread gold. Black-eyed peas eaten with stewed tomatoes represent wealth and health.

Adding a shiny penny or dime to the pot just before serving is believed to bestow an extra portion of luck to the finder. Just don't swallow the coin or your luck may take a bad turn.

I usually serve my Hoppin' John as a side with pulled pork and collards. A feast like that and a few reasonably achievable New Year's resolutions are sure to guarantee success in the year to come.

*Carole Howell is an independent writer in Lincoln County. You can learn more about her at [walkerbranchwrites.com](http://walkerbranchwrites.com)*

## Making Hoppin' John

There are many variations of the traditional Hoppin' John, but here are my personal black-eyed pea favorites. Spread the luck around by enjoying this Southern tradition surrounded by the joy of family.

### Traditional Hoppin' John

- ½ pound pork sausage
- 1 tablespoon vegetable oil
- 1 small onion, chopped
- ½ green bell pepper, chopped
- 2 large cloves garlic, finely minced
- ¼ teaspoon paprika
- 1 teaspoon chili powder
- 1 can (15-ounce) black-eyed peas, undrained
- 3 cups cooked white rice
- 1 tablespoon lemon juice

In a large, heavy skillet, brown sausage in vegetable oil. Add onions, peppers, and garlic to the pan with the sausage and cook on low heat until vegetables are transparent. Pour off the grease or drain all on paper towels. Return the sausage and vegetables to the pan and add peas, rice, paprika, chili powder, and lemon juice. Simmer on low 10 minutes more; should be moist.

*Serves 4*

### Hoppin' John Salad

- 1 can (15-ounce) black-eyed peas, drained and rinsed
- ⅓ cup chopped onion
- 6 tablespoons distilled white vinegar
- 1½ cup cooked brown rice
- 2 tablespoons water
- 1 package (10-ounce) frozen chopped spinach, thawed and well drained
- ¼ teaspoon pepper
- 2 tablespoons bacon bits or crisply fried bacon (optional)

In a large bowl, toss the black-eyed peas, rice, spinach and onion until completely combined. In a small bowl, stir together the vinegar, water and pepper. Pour over the salad and toss. Chill for at least two hours to let flavors blend. Sprinkle on the bacon, toss again and serve.

*Serves 4*

### Texas Caviar Appetizer

- 2 medium tomatoes, seeded and chopped
- 1 medium red bell pepper, chopped
- 1 bunch green onions, chopped
- 2 garlic cloves, finely minced
- 1 can (15-ounce) black-eyed peas, rinsed and drained
- 1 can (15-ounce) white hominy, rinsed and drained
- 1 jar (8-ounce) medium picante sauce
- ½ cup chopped fresh cilantro

- 3 tablespoons lime juice
- ½ teaspoon salt

In a large bowl, combine all ingredients and mix well. Cover and chill overnight, stirring occasionally. Serve with tortilla chips.

*Makes 6 cups*





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## A D V E R T I S E M E N T

# Clogged, Backed—up Septic System...Can anything Restore It?

**DEAR DARRYL:** My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.



Dear  
Darryl

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

*Clogged and Smelly – Fayetteville, NC*

**DEAR CLOGGED AND SMELLY:** As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

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**SeptiCleanse® Shock and Maintenance Programs** are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at [www.septicleanse.com](http://www.septicleanse.com) or you can order or learn more by calling toll free at 1-888-899-8345. If you use the promo code "DARNC6", you can get a free shock treatment, added to your order, which normally costs \$169. So, make sure you use that code when you call or buy online.





# Winter is for the birds

*You can create an environment to attract feathered visitors*

*By Carole Howell*

I've always enjoyed the summer months the most, when vegetables come fresh from the garden and you don't have to dress head to toe just to fetch the mail. Winter, on the other hand, does have its perks, including homemade soup and holidays.

Another winter treat includes the colorful assemblage of birds outside my window, including my personal favorite, the male northern cardinal and his mate. Our state bird always distracts me with a flash of crimson against an otherwise drab landscape.

Other types of year-round residents include the tufted titmouse, Carolina chickadees, house finches, American goldfinches, and several types of woodpeckers. Warblers and songbirds headed south in the fall and early winter use North Carolina as a rest area. On the coast, inland freshwater birds, sandpipers, and American woodcocks forage in boggy areas.

"Many people enjoy birdwatching in the winter months," says Curtis Smalling, director of Land Bird Conservation at Audubon North Carolina. "Even small children can enjoy birdwatching, especially if it's accompanied by some fun crafts and activities. You may even spark a new and year-round interest."

## Food, water, shelter

Three simple keys to attracting a colorful and interesting display are food, water and shelter.

Smalling says that black oil sunflower and thistle seeds appeal to a variety of feathered visitors. As an amateur birdwatcher, I've always purchased pre-mixed birdseed, but most veteran birders create their own mix

or feed sunflowers in one feeder and thistle seed in another. Simply combine your seeds according to the birds you want to attract and what your budget will allow; more birds for your buck. Chickadees, woodpeckers and even pine warblers enjoy a suet block, which provides nutrition birds need to keep warm.

"For shelter, place your feeders close to bushes and brush," says Smalling. "A shelter about 10 feet away from your feeder provides a quick escape from ambushing felines or hawks looking for their favorite foods as well." A discarded Christmas tree is ideal for a quick retreat.

Clean water in a shallow container is the third key. Just remember to break the ice on extremely cold days.

## Include the kids

Children, in particular, enjoy crafting delicious decorations to attract birds. You can turn it into a learning experience by playing "I Spy" for different colors and types of birds, starting a collection of photos or drawings of your winter visitors, and identifying and researching the birds you see. Older children may even want to join in the annual Great Backyard Bird Count, an international project co-sponsored by the Cornell Lab of Ornithology and the National Audubon Society.

So set your winter table, hot chocolate in hand, and watch your visitors enjoy the banquet from the warm side of a frosty window. It's sure to help make the dark winter months brighter while you wait for spring. 🌱

*Carole Howell is an independent writer in Lincoln County. Learn about her at [walkerbranchwrites.com](http://walkerbranchwrites.com)*

## Homemade bird treats

Here are two tasty winter projects that add color and decoration to your winter landscape, provide an irresistible buffet for birds, and give kids of all ages a fun activity to combat cabin fever.

Don't be discouraged if your birds are a little wary of your new feeder or your homemade offerings. Birds find food by sight, so a little seed sprinkled on the ground will help them get the idea.

### Snowy Doughnuts

You'll need 12 small, powdered sugar-coated doughnuts (and more for snacking) and four yards of ¼ inch-wide red yarn, ribbon or raffia. Cut your ribbons into 12-inch lengths. Loop a ribbon through each doughnut and hang them Christmas ornament-style from bushes and trees.

### Garland Ambrosia

Using a tapestry needle and heavy thread, string combinations of whole fresh cranberries, raw peanuts in the shell, thin apple and orange slices, raisins, soft puppy food, unsweetened oat cereal, bread chunks and stale popcorn. A spool of wire also works well for stringing and eliminates the need for a needle. Drape these in your bushes and watch the birds enjoy your decorations.





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**\*Are you interested in obtaining your MSN? Contact our Program Manager, Mr. Juan Ramirez at (800) 355- 4084 ext. 6518.**

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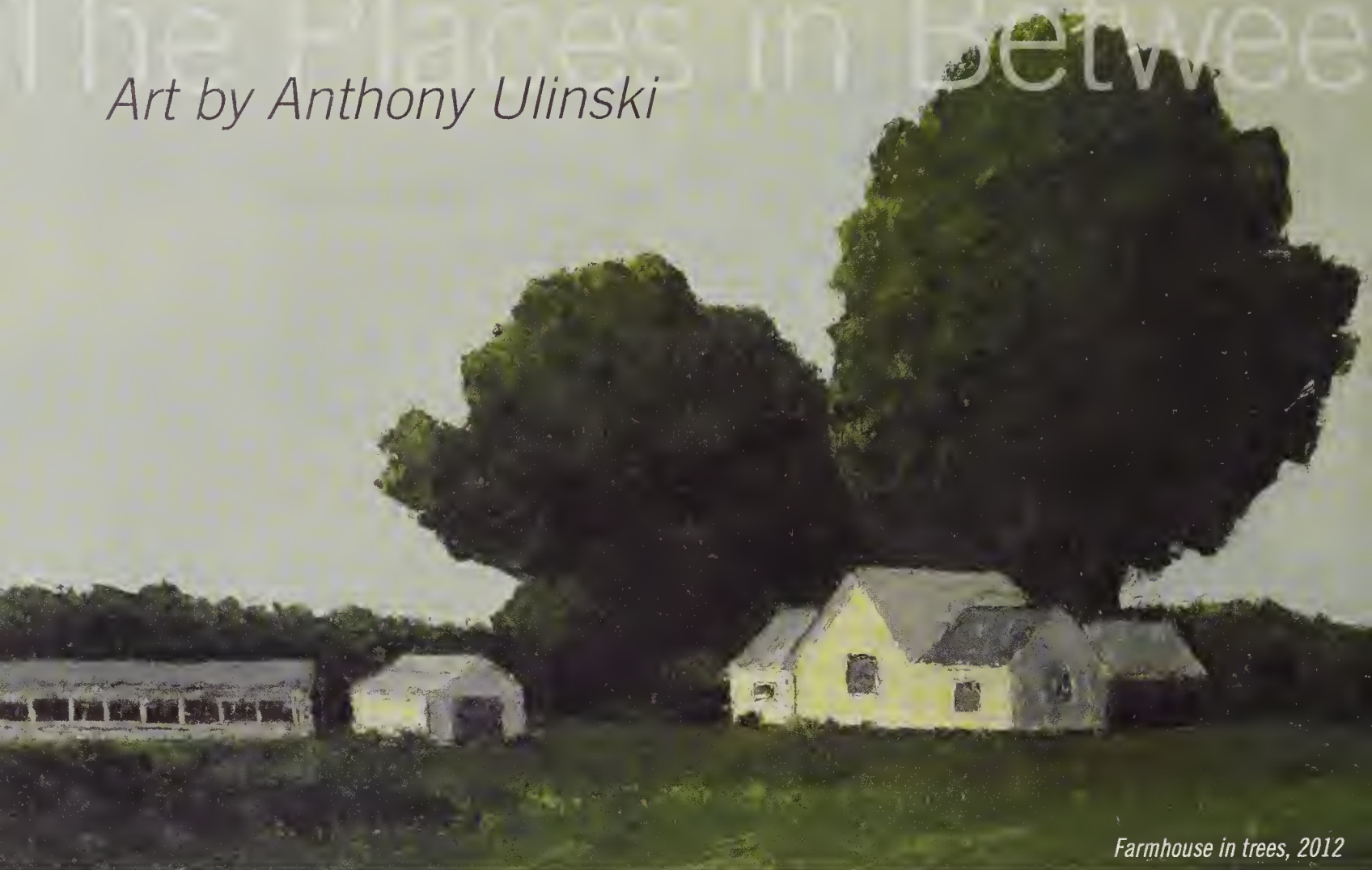
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## Keep your life, change your future!



# The Places in Between

*Art by Anthony Ulinski*



*Farmhouse in trees, 2012*

When Raleigh artist Anthony Ulinski started out to paint his impressions of eastern North Carolina, he wanted to capture a landscape often unnoticed as travelers hurtle by on major highways leading to the beach or the Outer Banks.

He marveled at “How vast it was. How flat it was. How distant the horizons are. It’s Big Sky country out there. I wasn’t looking for the really charismatic scenes of courthouses and churches and beautiful architecture. I was looking for the places in between, the places that were a little understated.”

Using paint and wax and a palette knife, he put the light, the wide-open spaces, the fields and farmhouses and towns into a series of paintings called “The Places In Between.” They have traveled to several galleries and the North Carolina Museum of Natural Sciences in Raleigh. They will be shown at Louisburg College in Louisburg, Jan. 15–Feb. 28, with a slide lecture by Ulinski at 7 p.m. Jan. 15. Dimensions and prices are at [anthonyulinski.com](http://anthonyulinski.com). No prints are available.

—Hannah Miller



*Barn near Sims, 2012*



*Silos, 2012*



# Wedding planning

*Set a budget and choose a location sooner rather than later*

For many newly engaged couples January not only rings in the New Year, it heralds the beginning of months of wedding planning. Preparing for the big day means planning key components well in advance of the actual ceremony and reception.

Here are some action steps that wedding experts encourage couples to take when planning a wedding:

- **Pick a date.** Talk with family about potential wedding dates to ensure the important people in your lives can take part.
- **Select your guests.** The number of guests you invite will directly influence the cost of your wedding.
- **Set a budget.** It will have a great impact on every other aspect of your day, as well as your honeymoon. Plan for a little wiggle room for unexpected expenses.
- **Choose a location.** Most popular bridal spots are just that—popular—so you may want to start searching for a location quickly.
- **Choose folks for the bridal party.** Make careful decisions about who you want supporting you leading up to the big day.
- **Pick a style.** Many brides or couples choose wedding themes that are reflected in their save-the-dates, invitations, ceremonies, receptions and thank-you cards.
- **Hire a caterer.** Take into account the dietary needs of guests by offering a variety of menu options, including a vegetarian dish.
- **Make the announcement.** Do you plan to make one in your local paper? Will you include a link to a wedding day website on your save-the-date or wedding invitations?
- **Get the gown and the suit.** Listen to your instincts and choose fashion that reflects your personality and style.
- **Choose bridal party attire.** Consider using dresses your bridesmaids can re-use.
- **Hire a photographer** and discuss your expectations for formal and informal shots.
- **Select your florist.** Once you set the date, discuss with your florist which flowers will be in season. Flowers out of season will be harder to come by and more expensive.
- **Order the cake.** Whether you choose a large multi-tiered cake or cupcakes, pick flavors you truly enjoy.
- **Book the entertainment.** Do you want a DJ or a live band? Talk with your fiancé about the types of tunes you want played at your reception.
- **Consider insuring the engagement ring** (and later) your wedding rings against loss and theft. For a free insurance quote, visit [insureyourjewelry.com](http://insureyourjewelry.com) 

—FamilyFeatures.com



## Wedding shows in N.C.

Shows where you can see the latest trends in wedding photography, fashion and food are held seasonally throughout the year. Here are a few in North Carolina this month alone:

### The Wedding Show

Saturday-Sunday, Jan. 4–5  
Raleigh  
(919) 873-1700  
[foreverbridal.net](http://foreverbridal.net)

### Wedding Festivals

Saturday, Jan. 11  
Asheville  
(888) 912-7469  
[weddingfestivals.com](http://weddingfestivals.com)

### Perfect Wedding Guide Bridal Show

Sunday, Jan. 12  
Greensboro  
(336) 676-9631  
[bridalshownc.com](http://bridalshownc.com)

### Outer Banks Wedding Weekend Expo

Saturday-Sunday, Jan. 18–19  
Kill Devil Hills  
(252) 449-9333  
[outerbanksweddingassoc.org](http://outerbanksweddingassoc.org)



# Seasonal affective disorder

*For some, winter's short, dark days affect mood*

Every year, summer fades to fall, and fall fades to winter. Unfortunately for some, these seasonal changes can bring the blues.

According to the American Academy of Family Physicians, 10 to 20 percent of adults in the U.S. may experience mild seasonal affective disorder (SAD), a cyclic and seasonal condition with symptoms like depression, low energy, sleepiness, overeating, changes in appetite, weight loss or gain, insomnia and anxiety. For those who experience SAD, symptoms recur every year at about the same time and are unrelated to other major life events.

Most people with SAD experience depression in the winter and enjoy a more positive outlook in spring and summer. The National Mental Health Association reports that an excess amount of melatonin, a sleep hormone released in the brain, might be to blame for symptoms of winter depression. The brain releases melatonin when it is dark; short winter days with less sunlight cause the brain to produce more melatonin than it should. Too much melatonin can cause sleepiness and depression.

Lack of sunlight can also confuse your body's circadian rhythm, or 24-hour cycle, making it difficult to maintain normal sleeping and waking hours.

## How do you know if you have SAD?

According to the American Academy



## Light therapy boxes

Light therapy boxes can be effective in treating seasonal affective disorder, according to Mayo Clinic experts. A light therapy box mimics outdoor light, and researchers believe this type of light causes a chemical change in the brain that lifts your mood. Most people who use light therapy boxes use them for a minimum of 30 minutes each morning.

Some boxes look like upright lamps, while others are small and rectangular. You can buy them over the counter or online. Light therapy boxes have a variety of features regarding light intensity, safety, cost and style. Consult with your doctor regarding the best one for you.

of Family Physicians, you may have depression related to a seasonal affective disorder if:

- You experience symptoms of depression or mood change at about the same time each year for at least two years in a row
- Periods of depression are followed by periods of non-depression
- Nothing else can explain the change in your mood or behavior

## Beat the seasonal blues

All experts agree that if you experience serious symptoms of depression or have thoughts of suicide, you should

see a doctor to get help. For milder cases of seasonal depression, you can learn how to cope and find joy in every season. Experts at the Mayo Clinic, based in Rochester, Minn., recommend that you try the following:

- Exercise regularly
- Increase your exposure to sunlight in winter
- Make it a habit to do something you enjoy
- Consult your doctor if feelings of hopelessness or depression persist ⓘ

—National Rural Electric  
Cooperative Association



# Rethink the way you pay

*Money-saving tactics help you get the best deal*

Today's consumers are finding new ways to get the goods and services they want. Using money-saving tactics, these shoppers are getting more for less, eliminating services they don't need and using comparative shopping.

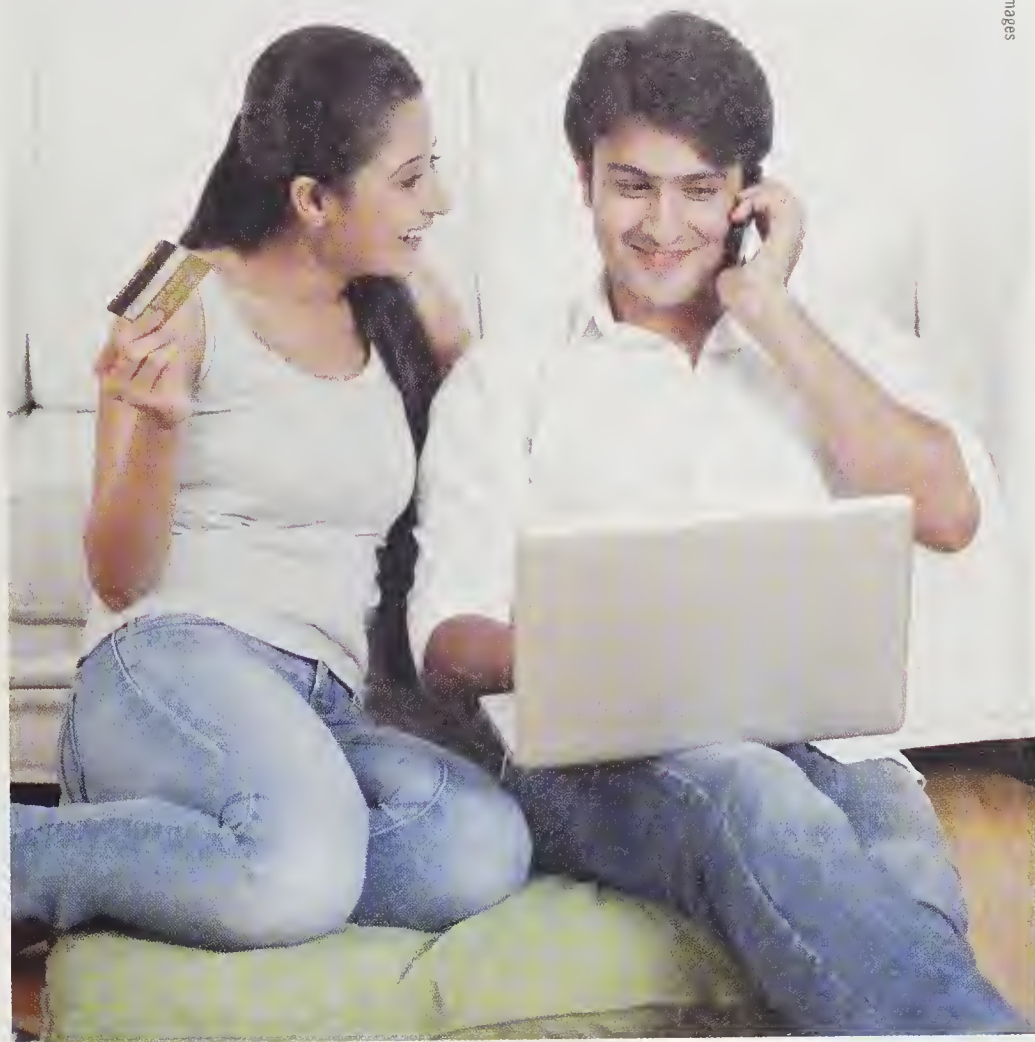
Here are some tips for savvy spending habits.

## Cut insurance costs

No longer subjected to cookie-cutter insurance policies of old, more versatile options exist today, allowing you to name exactly what you need. The insurance industry is a prime example where you can carefully determine exact needs and compare prices online for the best provider. Websites that provide quick quotes include [esurance.com](http://esurance.com) and [progressive.com](http://progressive.com).

## Switch to a no-contract wireless phone plan

Consumers who want lower cost service without long-term contract commitments are shifting from traditional postpaid contracts to no-contract wireless service providers. Cricket Wireless ([MyCricket.com](http://MyCricket.com)) is among communications companies offering prepaid no-contract wireless plans. Switching to a



Getty Images

no-contract plan can save up to half on your wireless phone bill (compared to a similar plan with a postpaid wireless service provider) while maintaining unlimited and nationwide service.

## Test products before you buy

Have you ever bought a new product, such as cosmetics or skin care items, only to realize you don't like it? That's money wasted. Online services that list companies that will send you test-size product samples to try include [mysavings.com](http://mysavings.com) and [startssampling.com](http://startssampling.com). Also, some drugstore chains allow you to return personal care items like cosmetics (bring your receipt) for a refund.

## Scale back on entertainment spending

An evolution has occurred in the movie and music industry that can save you a lot of money. Instead of purchasing individual DVDs, Blu-rays or CDs, consider digital services such

as Netflix or Hulu that provide access to thousands of movies at a relatively low monthly rate. In addition, downloading music to your phone through free apps, instead of streaming, won't use up your data allotment.

## Discount websites

Subscribing to discounted apparel and home decor website lists can keep you from overpaying at retail stores. From throw pillows to watches, sites like [gilt.com](http://gilt.com) and [fab.com](http://fab.com) provide some of the trendiest designer items for less. Websites like [bizrate.com](http://bizrate.com) and [nexttag.com](http://nexttag.com) allow you to quickly compare prices from dozens of stores for a specific item. Some sites such as [ebay.com](http://ebay.com) also have timed sales for specific items. Taking 15 minutes to browse can equate to hundreds in savings.

—*FamilyFeatures.com*

## Finding local deals

The website [shoplocal.com](http://shoplocal.com) allows you to put in your zipcode, city or town, and then it shows deals at stores in your area (including towns nearby). For example, on a recent check of the website using Beaufort, N.C., special deals at Belk, True Value Hardware, Ace Hardware, Aaron's (furniture store), Kmart, Lowe's, Michaels and Tuesday Morning were shown.



# Protecting your home's electrical system

## *Advances in outlets help prevent electrical hazards*

What comes to mind when considering projects around the home? Do you think of fire prevention and reducing the risk of electrical shock? Or new kitchen cabinets and hardwood floors? Often, attractive remodeling projects take priority while projects to increase safety are put on the back burner. One project, however, that should not be put off is evaluating your home's electrical safety.

A good start is to take inventory of your home's outlets, notes Tom Kraeutler, home improvement expert and syndicated radio show host of "The Money Pit." Take notice of any outlets that could benefit from being replaced by an Arc Fault Circuit Interrupter (AFCI) or Ground Fault Circuit Interrupters (GFCI).

### **AFCI vs. GFCI**

AFCIs and GFCIs sound similar, but what do they mean? While AFCIs provide protection from arc-faults that may lead to electrical fires, GFCIs help protect homeowners from electrical shock due to ground faults.

AFCI receptacles are relatively new to the market and detect arcing electrical faults to help reduce the likelihood of the electrical system being an ignition source of a fire. Arc-fault protection is important as arc-faults are often unseen and can occur anywhere in the home's electrical system, including within walls as well as appliance cords. AFCIs are perfect for a remodeling project or new home construction as the latest National Electrical Code requires AFCI



protection in a growing number of locations throughout the home.

GFCIs, on the other hand, are designed to reduce the occurrences of shock or electrocution due to ground faults. Many homeowners are familiar with GFCIs and these devices have saved many lives.

### **Whole house safety**

Recent technological advances in the AFCI, GFCI and tamper-resistant outlet market have improved the quest for whole home electrical protection. This is due to the creation of devices capable of providing necessary protection, as well as cost-effective and easier to install options.

"AFCI protection was once only available through the home's circuit breaker," Kraeutler explains. "Now, AFCI receptacles are available for a safe alternative for added home protection."

In addition, GFCI options are available in a slim design for added space in an electrical box to make installation simpler. Leviton ([leviton.com](http://leviton.com)) sells a slim GFCI receptacle.

Here are some proactive steps:

- Keep an eye out for electrical wiring damaged during installation or afterwards through over-stapling; bending; penetration by screws and nails; and through rodent or insect damage.
- Install AFCI receptacles in family rooms, dining rooms, living rooms, dens, bedrooms, sunrooms, recreation rooms, closets, hallways or similar areas.
- Use GFCI receptacles anywhere water may be present, such as kitchens, bathrooms, garages, basements, porches, pool areas and laundry rooms.
- Consider a self-test GFCI that automatically tests itself to confirm of protected power.
- Consider replacing standard outlets with tamper-resistant outlets that employ an automatic shutter mechanism designed to protect children attempting to insert objects. Ⓜ

—FamilyFeatures.co



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Jan. 8 with your name, address and the name of your electric cooperative.

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**By e-mail:** where@carolinacountry.com  
**Or by mail:** Where in Carolina Country?  
 P.O. Box 27306  
 Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our February issue, will receive \$25. To see the answer before you get your February magazine, go to "Where Is This?" on our website carolinacountry.com

WHERE IN  
 CAROLINA COUNTRY  
 IS THIS?



December



### December winner

Many of you recognized the rooster on the roof of the Dunrovin Country Store welcome center. It's on US 1 South between Vass and Southern Pines. The winning entry, chosen at random from all correct submissions, was from Pam Smith of Carthage, a member of Central EMC.



**The Worthington**

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# Remember...

## Boring with a big auger

Although Surry-Yadkin Electric, then known as REA, ran the power lines on our road in 1947, we didn't have electricity until our parents, Elder Boyd and Lucy Caudill, moved us into the new house Daddy built in 1952. With no plumbing and seven kids, Daddy built a two-seater outhouse.

Moving from three rooms and a loft into a home with living room, dining room, kitchen, den and two bedrooms downstairs and three bedrooms upstairs, was quite an accomplishment in those days.

Our kitchen contained a new Home Comfort woodstove for cooking. It had a compartment on the end that held and heated water for washing dishes, faces, ears or whatever. Beside the stove was our meal chest, a long wooden box divided into three sections: one for flour, one for corn meal and the other for the wooden dough board used for making biscuits, dumplings, pie crusts, pone cakes or sonkers.

For the first time in my life, I could flip a switch or pull a string and have lights, or tune the radio to the "Grand Ole Opry," or open the Frigidaire to get a glass of cold milk. All this was proof positive that we were truly "boring with a big auger," thanks entirely to our wonderful parents who made all times worth remembering.

*Carol Caudill Winebarger, Traphill, Surry-Yadkin EMC*

This is the house Daddy built in 1952 with Vernon standing in front of it.



Mom is holding me and next to her is Daddy. The others (from left) are Betty, Grady, Bertha, John and Vernon.



## SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

### Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
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Or by U.S. mail: I Remember, Carolina Country,  
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## Brown Hull Pottery

When I was growing up, my mom had the most beautiful brown drip-design dinnerware. She collected most of it from a grocery store promotion that offered new pieces each week. Hull Pottery manufactured her main collection, but she added a few pieces from other companies that also made the same design. She was so proud of her collection. There was just something rustic and comforting about the frosty drip around the edges of the shiny brown dinnerware.

I remember eating hot oatmeal from the bowls on cold winter mornings, and I recall reaching inside the cookie jar for fresh shortbread cookies. My dad used to sit by the woodstove and sip coffee from the frosted brown mugs. Sometimes, I would sit beside him and sip hot chocolate and pretend it was coffee.

Hull Pottery went out of business in 1986, so those wonderful items will never be made again. I love and cherish the pieces I have, and my family and I still use them on special occasions.

*Mary Bryant, Granite Falls, Blue Ridge Electric*



## Clay County remedies

Before Dr. Paul Killian came to Clay County my people got along with a midwife, home remedies and prayer. Relatives died from typhoid fever, snake bites, TB and gastric troubles.

Whiskey and a wad of tobacco were used for disinfectant. Sulphur and molasses, followed by dandelion greens and sassafras, made fine healing teas.

Mama used Cherokee traditional medicines. Each summer she canned blackberries for medicinal purposes, mainly for settling stomachs. Syrup made from the roots healed my sore throat.

Ol' Doc Killian practiced without all the scientific refinements we have today. He swabbed Gentian Violet on the inside of my mouth for infection. It tasted dreadful. His favorite remedy for most anything was a vile mixture of quinine, iron and strychnine.

The year 1940 marked the beginning of a new period in medicine for Ol' Doc. Research efforts produced penicillin and the sulfonamides. He was able to use these miracle drugs the last 10 years of his practice.

*Barbara Ledford Wright, Shelby*

## Sweeter by the dozen

My mom and dad had 13 children. One child did not survive, so there were 12 of us around their table. Can you imagine that? Mom made 72 biscuits per meal. She canned food by the half gallon: blackberries, peaches, corn, meat.

We knew work in fields of corn. We would hoe by hand. We cut trees and sawed lumber at sawmills.

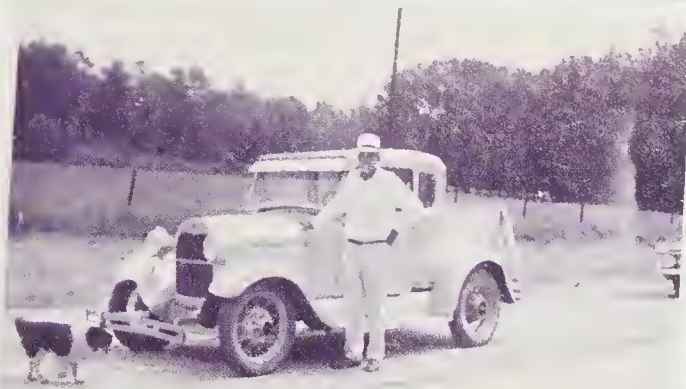
Our mother had strong loving hands, and so did our dad. But I will never forget rounding the corner of the house one day and hearing my dad pray. It was the prettiest praying I have ever heard.

We boys and girls held together loving one another. When our parents left us, we borrowed money for their funeral. This is part of what has held us together to this day.

*Troy Swaney, Lexington, EnergyUnited*



This picture was made at the home place. Mom and Dad were born in the 1880s.



Nina Cox Lewis gave me this picture of her father, Mose Cox, and The Silver Bullet on Hwy. 92 just west of Bath.

## Slow driving in Bath

Mose Cox always bought old cars. The last one, known as The Silver Bullet, he bought in the 1950s. When he was the town constable, Mose would arrest someone who was drunk in Bath and take him to Washington to spend the night in jail. But by the time Mose got to Washington, driving 15 miles an hour, the drunk would be sobered up, so Mose would bring him right back to Bath.

He would drive around town in Bath with his dog in the back, and the dog would jump out and run into someone's yard to fight their dog, then he would catch up with Mose and jump back into the back of The Silver Bullet, and Mose would not have to stop for him.

I remember working in tobacco for Mose in the late 1950s. He would take his tobacco crew to and from the job in this car. Some of us rode in the car, some in back, some on top, some lying on running boards and fenders. We turned a lot of heads on the way to Midway and back to Bath.

*Jimmy Taylor, Bath, Tideland EMC*

## Navigating Five Points

To visit Granny in Raleigh in 1961 was to live large. I mean, after all, within 100 yards of Granny's bungalow was the Hayes Barton Pharmacy, which had a soda fountain that peddled Cherry Smashes for a single buffalo nickel. Pay up five cents, and you would know instant relief from a hot and humid Raleigh summer day.

To get to the Hayes Barton Pharmacy, you first had to saunter past the Piggly Wiggly, where Granny bought the hottest sausage in all of the capital city. Granny never did drive. The Piggly Wiggly was about 40 yards from her front door. Even when she was 90, she could walk that far.

But beyond the Piggly Wiggly, and before the Hayes Barton Pharmacy, was treacherous territory for a young boy. That is where the renowned Five Points intersection lay. Five busy streets met right there. There were stoplights every which way. To cross the street was a monumental deal. But there, on a pole, was a simple red button to push. Push the button, many lights would turn red, and a small boy could then cross the street to get his Cherry Smash.

*Larry Lyon, Seven Lakes, Pee Dee EMC*





Joyner's Corner is offering \$50 to some intelligent and lucky reader who sends us the correct answer to this puzzle,

postmarked or emailed before January 9, 2014. Correct entries will be numbered as received and the winning entry picked at random by computer. The winner's name and puzzle answer will be published in the February issue of Carolina Country.

## Find the Value of

$$\begin{array}{ccccccccc} P & O & W & E & R & & & a & n & d & L & I & G & H & T \\ + & + & + & + & = & & & + & + & + & + & = \\ \hline \end{array}$$

There are 10 different letters in P O W E R and L I G H T and we have given each of them a different value from 0 through 9. Your challenge is to find the value of each letter, and the total value of EACH of the two words. Of course the total of the two words together is 45.

The total value of the letters in each of the 10 words below is given in parentheses.

OWL (3)	HOW (8)	GROW (9)	HILL (15)	HEIR (20)
ROW (4)	WILL (8)	PLOW (12)	THROW (19)	THEIR (28)

Submit your answer with your name and address to: Joyner@Carolinacountry.com Place "Puzzle" in the subject line.

Or mail to: Carolina Country Puzzle, P.O. Box 27306, Raleigh, NC 27611

## Oh, Henry!



## MATCHBOXES

1	0	5	8	4
I	N	U	E	T

$$\begin{array}{r} \times 6 \\ M \end{array}$$

	O			

1	9	5	6	4
I	L	U	M	T

$$\begin{array}{r} \times 2 \\ V \end{array}$$

O				

Each digit in these multiplication problems stands for the letter below it. Solve the problems and write your answers in the box tops, one digit to each box. Then match boxes to find the name of a North Carolina town in which a pickle company, located at the corner of Cucumber and Vine, has played an integral role since 1926.

## UNSCRAMBLIT

The really frightening thing about middle age is that you'll \_\_\_\_\_  
c m a e a l b a s r b  
—Doris Day

Use the capital letters in the code key below to fill in the blanks above.

F G I O R T U W means  
s c r a m b l e

## Well Seated

Muriel Siebert, the first woman to become a member of the New York Stock Exchange, died in August 2013. In 1987, 20 years after she got this seat, she lobbied to get a ladies' room on the seventh floor of the Exchange, outside the entrance to a luncheon club. Male members objected but backed down after she offered to have a portable toilet delivered to the floor instead. The victories for both seats were noted in a number of her obituaries.



Early New York Stock Exchange

For answers, please see page 2.

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### Dare to Hyde adventures

You can build your own itinerary from a unique menu of options with this Outer Banks outfit. From seeing black bears and fishing offshore to exploring local heritage and experiencing hands-on farming, you can do as few or as many activities as you like. Third-generation outdoor guide Jamin Simmons formed Dare to Hyde with his wife, Pam, and all activities are led by knowledgeable natives of Ocracoke and greater Dare and Hyde counties. Located on Ocracoke Island, with the ocean on one side and Pamlico Sound on the other, Dare to Hyde's watersports headquarters is situated to offer lots of water options, including parasailing and lessons for surfing and kitesurfing. Dare to Hyde also offers gear rentals for do-it-yourselfers and (optional) lodging at handsome Berkeley Manor on Ocracoke Island.

(252) 926-9453 (WILD)  
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### Southern Candle, Inc.

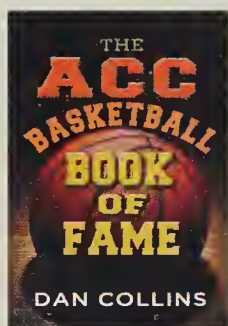
Hand-crafted in Wilkesboro, this company's candles are made of a soy blend that is safe for the home, burns clean and supports local farmers. There are several styles and 60 IFRA-certified fragrances available. You can choose from floral, holiday, traditional, spa, fruit and clean-air scented candles and breakaway melts (flameless wax used on warmers to scent a room). Most of their 8-ounce jar candles are \$7.95 each; 12-ounce jar candles are \$13.95; and breakaway melts are \$3.95. Owners and Blue Ridge EMC members Jesse and Becky Garmon also offer different programs, including wholesale pricing for larger customers, fundraising programs, private labeling for weddings, corporate gifts and contract pouring for unique occasions. Purchase the candles in the Garmons' retail store in Wilkesboro or online.

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*Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail [editor@carolinacountry.com](mailto:editor@carolinacountry.com) with a description and high-resolution color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.*

## on the bookshelf



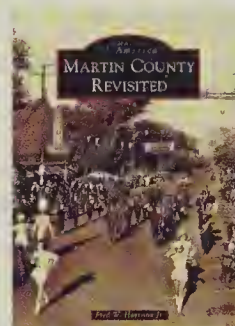
### The ACC Basketball Book Of Fame

What, Walter Davis didn't make it? No Chris Paul? Let the arguments begin! Veteran sportswriter Dan Collins developed a numerical system to carefully select players, working from ACC voting, awards and accolades for an ACC Basketball Hall of Fame. Most of his inductees have universal appeal—from contemporary greats, including Tyler Hansbrough and J.

J. Redick, to old-timers such as Len Chappell and Ronnie Shavlik. But others are nearly forgotten gems, like Lou Pucillo, the 5-foot-9 high-school benchwarmer discovered playing against the Philadelphia School for the Blind and Deaf.

Collins, who has covered every ACC basketball tournament since 1974, recounts meaty anecdotes that even hardcore fans may not have heard. Remember Tim Duncan's comment after Randolph Childress beamed a Duke fan with a postgame full-court heave? Or David Thompson's legendary kindnesses to fans and critics? In addition to 78 illustrated player profiles Collins also includes a "Portico of Prominence" chapter, which recognizes players (among them Davis and Paul) who were undoubtedly great but didn't accumulate the credentials for Hall of Fame admission. Collins writes for the Winston-Salem Journal. Hardcover, 288 pages, \$26.95; e-book available through digital media stores such as Google Play (\$7.99).

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### Martin County Revisited

Situated along the Roanoke River, Martin County was established in 1774. Its vast pine forests assured early economic success with the production of naval stores, tar pitch and turpentine. By the late 19th century, large-scale lumber concerns and tobacco and peanut farming ushered in new prosperity. Today, the area is a leader in peanut and cotton production.

Local historian and Williamston native Fred W. Harrison Jr. draws from repositories, private collections and his own knowledge to share memories and historical information in this new book. Twice during the 20th century, the county made national headlines—first with the 1925 Needleman Case and later with the Williamston civil rights events of 1963 and 1964. In addition to news topics, there are fond recollections of social gatherings, parades and intriguing personalities like local baseball legends Jim and Gaylord Perry. Softcover, more than 200 vintage images, 128 pages, \$21.95. The book, part of Arcadia Publishing's Images of America series, is available at area bookstores or through the contacts below.

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Issue Age	\$100,000		\$250,000		\$500,000		Issue Age	\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female
30	11.46	11.03	13.26	11.94	20.48	17.85	50	20.74	19.34	38.85	37.32	70.35	53.29
31	11.46	11.03	13.91	12.16	20.48	18.29	51	22.05	20.39	42.57	38.85	76.48	57.23
32	11.55	11.11	14.57	12.60	20.91	18.73	52	23.63	21.61	46.73	40.60	83.48	62.04
33	11.64	11.11	15.44	13.04	21.35	19.16	53	25.46	23.01	51.76	42.79	92.23	67.73
34	11.64	11.11	16.32	13.48	21.35	19.60	54	27.48	24.59	57.23	44.98	101.41	73.85
35	11.73	11.20	17.41	13.91	21.79	20.04	55	29.66	26.34	63.35	47.60	111.48	80.85
36	12.08	11.46	17.85	14.79	23.98	21.35	56	32.29	27.74	69.69	50.88	118.91	86.10
37	12.43	11.81	18.29	15.88	26.16	22.23	57	35.35	29.23	76.69	54.82	127.23	92.23
38	12.86	12.25	18.94	16.98	28.79	23.98	58	39.03	31.15	85.44	59.63	137.73	99.23
39	13.39	12.69	19.82	18.29	31.85	25.73	59	42.96	33.16	94.63	64.44	148.66	107.10
40	13.91	13.21	20.48	19.82	34.91	27.48	60	47.34	35.44	105.13	70.13	160.91	115.85
41	14.61	13.65	21.79	20.48	36.23	28.79	61	50.93	37.98	114.32	76.48	177.10	125.91
42	15.40	14.18	23.10	21.35	37.54	30.10	62	54.95	40.78	125.04	83.69	195.04	137.29
43	16.36	14.70	25.07	22.23	39.29	32.29	63	59.94	44.36	137.94	92.44	217.35	151.29
44	17.41	15.40	26.82	23.32	41.04	34.04	64	65.19	48.04	151.51	101.85	240.98	166.16
45	18.55	16.10	29.01	24.41	43.23	36.23	65	71.14	52.24	167.04	112.35	267.66	182.79
46	18.90	16.63	30.54	26.38	47.16	38.85	66	81.11	59.06	182.13	126.79	305.73	216.04
47	19.25	17.15	32.07	28.57	51.98	41.48	67	92.49	66.85	199.19	142.98	348.60	253.23
48	19.69	17.85	34.26	31.19	57.66	45.41	68	106.49	76.48	220.19	163.10	401.54	299.60
49	20.21	18.55	36.44	34.04	63.79	48.91	69	121.19	86.54	242.29	184.10	457.10	348.16

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 - \$500,000 rates are Select-A-Term [policy form no. 07007] Preferred Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by American General Life Insurance Company (AGL) are its responsibility. AGL does not solicit business in the state of New York. Policies and riders not available in all states. Premium rates current as of December 2013; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies

### Application Request Form

The information you provide will be kept in strict confidence.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ ☐ MALE ☐ FEMALE  
AMT. OF INS. DESIRED \_\_\_\_\_  
HOME PH# \_\_\_\_\_ WORK PH# \_\_\_\_\_  
BENEFICIARY \_\_\_\_\_ AGE \_\_\_\_\_  
SIGNATURE \_\_\_\_\_  
The best time to call me is: ( ☐ Home or ☐ Work )  
☐ 8-10 am ☐ 10-12 ☐ 12-2pm ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 8-9  
I wish to pay my premiums: ☐ Annually ☐ Monthly Bank Draft  
ADDITIONAL APPLICATION REQUESTED FOR:  
NAME \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ ☐ MALE ☐ FEMALE  
AMT. OF INS. DESIRED \_\_\_\_\_

### Clip and Mail to:

Delia Foley  
42 Wayside Drive  
White Plains, NY 10607

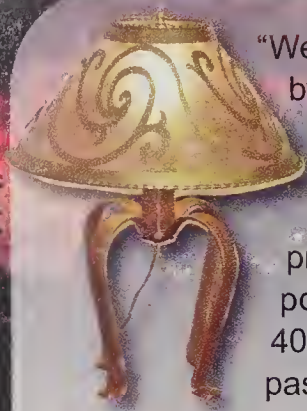
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# January Events



The Polar Plunge in Chetola Lake is one of the highlights at Blowing Rock's WinterFest, Thursday through Sunday, Jan. 23–26. You can also warm up with a chili cook-off, chill out with a blues concert, marvel at skilled ice carvers and more. Call (336) 846-2787 or visit [blowingrockwinterfest.com](http://blowingrockwinterfest.com)

## Mountains (west of I-77)

**Harmonica Baroque**  
Jan. 18, West Jefferson  
(336) 846-2787  
[shecountyarts.org](http://shecountyarts.org)

**MLK Day Celebration**  
Jan. 20, West Jefferson  
(336) 846-2787  
[shecountyarts.org](http://shecountyarts.org)

**Winterfest**  
Polar plunge, chili cook-off  
Jan. 23–26, Blowing Rock  
(336) 846-2787  
[blowingrockwinterfest.com](http://blowingrockwinterfest.com)

## ONGOING

**Street Dance**  
Monday nights, Hendersonville  
(828) 693-9708  
[historichendersonville.org](http://historichendersonville.org)

**Guided House Tours**  
Wednesday–Saturdays, Marion  
(828) 724-4948  
[historiccarsonhouse.com](http://historiccarsonhouse.com)

**Bluegrass Music Jam**  
Thursdays, Marion  
(828) 652-2215

**Art Crawl**  
First Friday monthly, Boone  
(828) 262-4532  
[downtownboonenc.com](http://downtownboonenc.com)

**The Second Time Around**  
Art from repurposed items  
Jan. 8–Feb. 7, West Jefferson  
(336) 846-2787  
[ashecountyarts.org](http://ashecountyarts.org)

**The Quilting & Needle Art Extravaganza**  
Jan. 31–Feb. 1, Statesville  
(704) 376-2531  
[quiltersgallery.net](http://quiltersgallery.net)

## Piedmont (between I-77 & I-95)

**New Year's Shooters**  
Traditional chant, musket firings  
Jan. 1, Cherryville  
(704) 435-3061  
[cherryvilleshooters.com](http://cherryvilleshooters.com)

**The Quilters & Fiber Marketplace**  
Jan. 10–11, Sanford  
(704) 376-2531  
[quiltersgallery.net](http://quiltersgallery.net)

**Quercus Quartet**  
Playlists for a Porsche  
Jan. 12, Raleigh  
(919) 664-6795  
[ncartmuseum.org](http://ncartmuseum.org)

**Novelist Jason Mott**  
Discusses "The Returned"  
Jan. 14, Fayetteville  
(910) 483-7727  
[visitfayettevillenc.com](http://visitfayettevillenc.com)

**Life Of Elizabeth Keckly**  
Her slave years, White House service  
Jan. 16, Raleigh  
(919) 833-33431  
[joellane.org](http://joellane.org)

**Memphis**  
Musical about a DJ  
Jan. 16, Pembroke  
(910) 521-6361  
[uncp.edu/gpac](http://uncp.edu/gpac)

**Comedian Bill Cosby**  
Jan. 17, Fayetteville  
(910) 438-4100  
[atthecrown.com](http://atthecrown.com)

**Oldies, Rock & Blues Music**  
Jan. 17, Fayetteville  
(910) 426-4109



## Listing

**Deadlines:**  
For March: Jan. 25  
For April: Feb. 25

## Submit Listings Online:

Visit [carolinacountry.com](http://carolinacountry.com) and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail [events@carolinacountry.com](mailto:events@carolinacountry.com).



**A Postcard From America**  
Featuring Magnolia String Quartet  
Jan. 23, Fayetteville  
(910) 433-4690  
fayettevillesymphony.org

**Jason Aldean Night Train Tour**  
With Florida Georgia Line, Tyler Farr  
Jan. 23, Fayetteville  
(910) 438-4100  
crowncoliseum.com

**John Holt Guitar Recital**  
Friends of Music series  
Jan. 24, Fayetteville  
(910) 630-7153  
methodist.edu/music

**Karen Peck & New River Concert**  
Gospel music  
Jan. 25, Albemarle  
(704) 985-8303  
karenpeckandnewriver.com

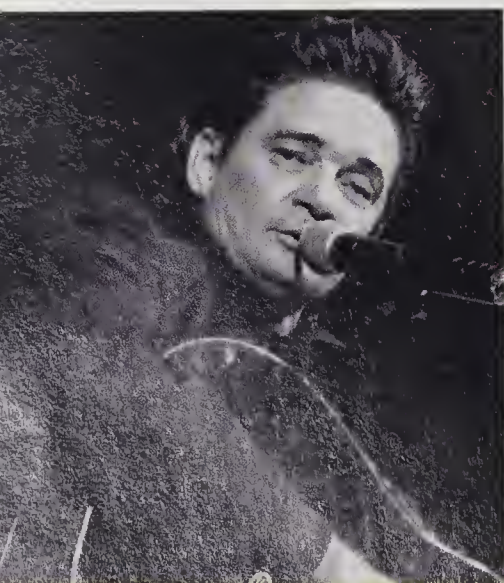
**The Venna  
Concert-Verein Orchestra**  
Jan. 28, Pembroke  
(910) 521-6361  
uncp.edu/gpac

**Beethoven's 5th**  
Jan. 30, Fayetteville  
(910) 483-5311  
ncsymphony.org

**Opening Art Reception**  
Jan. 31, Hillsborough  
(919) 732-5001  
hillsboroughgallery.com

#### ONGOING

**Maness Pottery & Music Barn**  
Dinner, music, fellowship  
Tuesday nights, Midway  
(910) 948-4897  
liveatclydes.com



See a tribute to Johnny Cash  
featuring his top hits, performed  
by Philip Bauer on Friday, Jan. 17, in  
Rocky Mount. Call (252) 985-5197  
or visit [ncwc.edu/arts/dunncenter](http://ncwc.edu/arts/dunncenter)



Jason Aldean's Night Train Tour pulls into Fayetteville on Thursday, Jan. 23. Performances include Florida Georgia Line and Tyler Farr. Call (910) 438-4100 or visit [crowncoliseum.com](http://crowncoliseum.com)

**Durham Civil War Roundtable**  
Third Thursdays, Durham  
(919) 643-0466

**Indoor Film Series**  
Fridays through March 21, Raleigh  
(919) 664-6795  
ncartmuseum.org

**Art After Hours**  
Second Fridays, Wake Forest  
(919) 570-0765  
sunflowerstudiowf.com

**Betty Lynn (Thelma Lou)**  
Andy Griffith Museum  
Third Fridays, Mount Airy  
(336) 786-7998  
visitmayberry.com

**Arts Councils' Fourth Friday**  
Celebration of arts, culture  
Fayetteville  
(910) 483-5311  
theartscouncil.org

**A Victorian Christmas**  
Through Jan. 4, Fayetteville  
(910) 486-1330  
museumofthecapefear.ncdcr.gov

**Porsche By Design**  
Exhibit explores car's history  
Through Jan. 20, Raleigh  
(919) 664-6773  
ncartmuseum.org

**The Art Of Giving**  
Artwork for the holiday season  
Through Jan. 12, Hillsborough  
(919) 732-5001  
hillsboroughgallery.com

**Evolution Of Recorded Sound**  
Through Mar. 8, Dallas  
(704) 825-4044  
gastoncountymuseum.org

**A Victorian Era Christmas**  
Through Jan. 4, Fayetteville  
(910) 433-1457

**Mt. Gilead Music Barn**  
Bluegrass and dancing  
Saturdays, Mt. Gilead  
(910) 220-6426  
mgmusicbarn.com

**Fiddler On The Roof**  
Jan. 23–Feb. 16, Fayetteville  
(910) 323-4234  
cfrt.org/season.php

**The True Story Of Peter Pan**  
Jan. 31–Feb. 16, Fayetteville  
(910) 678-7186  
gilberttheater.com

#### Coast (east of I-95)

**Ingram Planetarium Shows**  
Jan. 2–4, Sunset Beach  
(910) 575-0033  
museumplanetarium.org

**Intentionally & Wonderfully Made**  
Women's conference with Sara Groves  
Jan. 4, Princeton  
(919) 735-5411  
bridgechurch.cc

**Nature Trek**  
Kids explore Hammocks  
Beach State Park  
Jan. 7, Swansboro  
(910) 326-2600  
swansboro-nc.org

**Dana & Susan Robinson**  
Contemporary, Appalachian tunes  
Jan. 10, New Bern  
(252) 646-4657  
downeastfolkarts.org

**Dana & Susan Robinson**  
Contemporary & Appalachian tunes  
Jan. 11, Beaufort  
(252) 646-4657  
downeastfolkarts.org

**The Legend Of Johnny Cash**  
Tribute featuring his top hits  
Jan. 17, Rocky Mount  
(252) 985-5197  
ncwc.edu/arts/dunncenter

**Jolly Skull Beer Festival**  
Jan. 25, Greenville  
(252) 633-5060  
beerarmy.com

**Ensemble Concert**  
Jan. 30, Greenville  
(800) 342-5328  
ecu.edu

**Dance 2014**  
Jan. 30–31, Greenville  
(800) 342-5328  
ecu.edu

**East Sportman's Expo**  
Outdoor gear, outfitters show  
Jan. 31, Greenville  
(252) 321-7671  
downeastexpos.com

**Teen Night: Karaoke**  
Jan. 31, Swansboro  
(910) 326-2600  
swansboro-nc.org

#### ONGOING

**Art Walk**  
First Friday, Elizabeth City  
(252) 335-5330  
ecncart.com

**Art Walk**  
First Friday, Greenville  
(252) 329-4200  
uptowngreenville.com

**Quilt Symposium**  
Jan. 15–June 1, Wilmington  
(910) 329-1339  
quiltersbytheseaguild.org



# CAROLINA COUNTRY adventures

## *A new center showcases the late, great Earl Scruggs*

Man, did Earl Scruggs know how to take you for a musical ride! His unique and distinct banjo playing pulled you fast around curves, down quick dips and up to mountaintops like nobody else.

Earl Scruggs pioneered, perfected and popularized a three-fingers picking style that came to be known around the world as Scruggs-style picking. He passed away last year at age 88, but he lives on through his many recordings, and now, a new museum in Shelby.

Housed in Cleveland County's handsome courthouse, the Earl Scruggs Center was scheduled to open in December 2013. Its grand opening will held on Saturday, Jan. 11, with a dedication at 1 p.m. Festivities include special music from 12:30–1 p.m., other jam sessions, hot drinks and cupcakes, activities at stores and a “banjo petting zoo.” (The evening event, featuring multi-Grammy winners like Vince Gill and Travis Tritt, is sold out.)

Destination Cleveland County, a nonprofit organization, created partnerships and raised funds for the center. DCC also organized and runs the Don Gibson Theatre, a concert hall in Shelby in honor of the talented singer-songwriter and native son.

As for Earl, he began playing the banjo at age 4, borrowing family instruments until he proudly bought his own from the Montgomery Ward mail-order company. In his early 20s, he joined Bill Monroe's hard-driving Blue Grass Boys and performed at the Grand Ole Opry. Lightning struck again when he formed his

own band with guitarist-vocalist Lester Flatt. The many hits by Flatt & Scruggs include “The Ballad of Jed Clampett” (heard at the beginning and end of the TV show “The Beverly Hillbillies”), and “Foggy Mountain Breakdown,” heard in the 1967 film “Bonnie and Clyde.”

Soft-spoken and serious looking, Earl could surprise you with his winning smile. He surprised in other ways, too. During the politically divided 1960s, he was one of the few bluegrass and country-western artists to publicly support the controversial anti-war movement. After he left Flatt & Scruggs in 1969, Earl and his music-playing sons explored rock influences and experimented with the electric banjo. He appeared with Bob Dylan and The Byrds on a PBS special and worked with The Nitty Gritty Dirt Band on an album. Earl continued to perform in his 80s, picking bluegrass with actor-musician Steve Martin on “The David Letterman Show” and other select concerts.

### **Galleries & exhibits**

While Earl is the center's main focus, its galleries also showcase the area's history and cultural factors that shaped the sounds of the American South. Gallery topics include the influence of natives and immigrants, significant war battles, other area notables, the birth of bluegrass, the textile industry, social awareness, pop culture and much more.

Visitors will also learn about Earl's longtime wife Louise, a gutsy fellow groundbreaker who guided his career for more than 50 years. There also are radio ads and news



from the 1920s–1940s, films, a state-of-the-art interactive table where you can choose music genres and see and hear videos and audio clips, and another hands-on exhibit called Banjo Breakdown, where visitors can understand the main methods of playing the five-string banjo—claw-hammer, two-finger, and, of course, Scruggs style.

—Karen Olson House



### **Earl Scruggs Center**

**Hours:** Wednesday, 10 a.m.–6 p.m.; Thursday–Saturday, 10 a.m.–4 p.m.; Sunday, 1–5 p.m.

**Admission:** General, \$12; Seniors and college students, \$8; Youth (ages 6–17), \$5. Children ages 5 and under are admitted free.

(704) 487-6233  
earlscruggscenter.org

**For area attractions:**  
(704) 487-8522  
tourclevelandcounty.com



# Cleaning the Air: Part II

**Q:** I do not want a freestanding air cleaner sitting in my house. Is a whole house air cleaner a good alternative to improve the air in my home and my health?

**A:** A whole house air cleaner can be a simple air filter or an expensive cleaning device attached to your home's HVAC system. An air cleaner cannot replace frequent house cleaning, use of exhaust fans or air filter replacement. Air cleaners can improve indoor air quality but have not been sufficiently researched for health benefits. Before proceeding with installation of an air cleaner, the ductwork should be properly sealed with bucket mastic. You should take three steps before considering an air cleaner.

## Air filters

Most homes with forced air systems have a one-inch thick filter in the air return. This filter protects the guts of your HVAC system from getting coated and clogged with dust. If you want the air filter to also function as an air cleaner, trash

the flat filter and use a pleated filter with a minimum efficiency reporting value (MERV) of 8 to 12. Pleated filters cost \$5 to \$15 and have a zigzag surface that creates more surface area to capture particles. Unfortunately, not all manufacturers label their filters with the MERV, so you might need to do a little homework to find the MERV to compare products.

Be diligent about changing dirty air filters because limited air flow can shorten the life of your HVAC system.

Another option is two-to-five-inch thick pleated filters that are installed by a mechanical contractor at the air return grill inside the house or at the air handler. These filters are often replaced annually, capture smaller particles and are more expensive than one-inch filters. If the air handler is in the crawlspace or attic, be willing to crawl through cobwebs on a regular basis.

## Whole house air cleaner

Spending upwards of \$1,000 on a whole house air cleaner to improve your health or home is a gamble.

In 2010, The Journal of Allergy and Clinical Immunology published an article that summarized the last 30 years of research on the health benefits of air cleaners. They concluded the health benefits are debatable because studies have not been long enough, not had enough participants, not included placebos, not gathered thorough data... and the list goes on. The authors say that air cleaners—portable, HVAC filters, or whole house units—are likely to keep allergies from getting worse but no one can be sure.

Aprilaire, Trane and Lennox are just a few of the many brand options. These systems attach to the HVAC system and clean the air with an air filter and/or electrostatic precipitator. Electrostatic precipitators capture particles similar to your hair sticking to a balloon, and generate low levels of ozone, a lung irritant. Air cleaners without electrostatic precipitators are preferable.

Do not bother with air cleaners featuring ultraviolet germicidal irradiation (UVGI) and photocatalytic oxidation (PCO) because they are marginally effective. Find out the maintenance regime and filter replacement costs of whatever type of unit you are considering. Also, the unit's location needs to be logical so you can easily maintain it.

Choosing an air cleaner is a judgment call based on your need for better indoor air quality and budget. Start with a better air filter. If you see improvement and would like more of an improvement, try a portable air cleaner or hire a contractor to install a four-inch air filter.

If you are gaga over the improvement and can afford it, perhaps you are ready to try a whole house air cleaner. Hopefully, in the coming years, research will reveal if these devices have the potential to improve our health. 📌

Hannah McKenzie is a residential building science consultant for Advanced Energy ([advancedenergy.org](http://advancedenergy.org)) in Raleigh.



*A high-efficiency pleated central air cleaner.*

For more information:  
[epa.gov/iaq/pubs/airclean.html](http://epa.gov/iaq/pubs/airclean.html)



## Business Opportunities

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## Vacation Rental

**BEACH HOUSE**, N. Myrtle Beach, SC. 4BR/2B, sleeps 12-14. 828-478-3208. Send e-mail for photos to: [inagel36@charter.net](mailto:inagel36@charter.net)

## Real Estate

**COMFORTABLE COUNTRY LIVING**, Hertford, NC. 4BR/2BA home big FROG large attic, 2 car attached garage & 2 car, 2-story detached garage. Large fenced yard. One block to river access. One hour to OBX – 199,900, MLS #69856, Jean: 252-333-7202.

## Sold Maps

**UN, HOW TO PAN**. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. [WWW.GOLDMAPS.COM](http://WWW.GOLDMAPS.COM)

## For Sale

**BAPTISTRY PAINTINGS – JORDAN RIVER SCENES.** Custom painted. Christian Arts, Goldsboro, NC 1-919-736-4166. [www.christian-artworks.com](http://www.christian-artworks.com)

**COMPUTERZONE HAS \$149 LAPTOPS!** Fast Wi-Fi internet ready \$149 laptops with 30 day warranty. Go to one of our 2 locations or have one shipped next day to your front door. From the mountains to the beaches of NC \*Get Yours Today\* 336-996-7727.

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**CIVIL WAR FRAMED PRINTS**, Confederate Generals – Artist Mort Kunstler. 919-471-2980.

A book of collected "You Know You're From Carolina Country If..." submissions from Carolina Country magazine readers. You know you're from Carolina country if you say "Laud ham mercy!" 96 pages, illustrated, 4 by 5½ inches. Only \$7 per book (includes shipping and tax). Send payment to "You Know," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy with a credit card at our secure online site at [www.carolinacountry.com](http://www.carolinacountry.com).

**"CAROLINA COUNTRY REFLECTIONS"** More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story. Hardcover, coffee table book, 160 pages. Only \$15 (includes tax and shipping). Comes with free cookbook. Send payment to "Reflections," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy online at [www.carolinacountry.com](http://www.carolinacountry.com).

## Miscellaneous

**PLAY GOSPEL SONGS BY EAR** – \$12.95. "Learn Gospel Music." Chording, runs, fills – \$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

**BECOME AN ORDAINED MINISTER**, Correspondence study. Founded in 1988. Luke 17:2. Free information. Ministers for Christ Outreach, 7558 West Thunderbird Road, Ste 1-114, Peoria, AZ 85381. [www.ordination.org](http://www.ordination.org)

**FREE BOOKS/DVDs – SOON THE "MARK"** of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771. 1-888-211-1715. [thebiblesaystruth@yahoo.com](mailto:thebiblesaystruth@yahoo.com)

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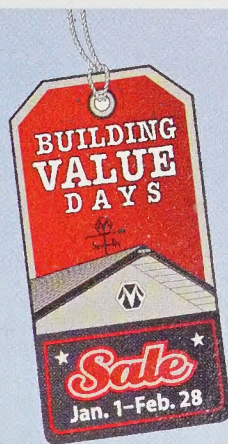
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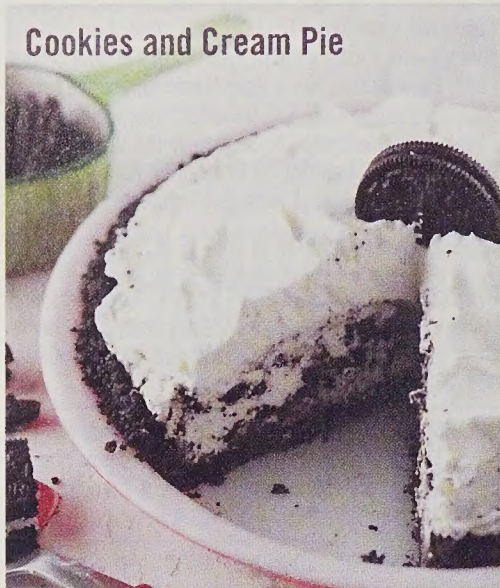


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## Cookies and Cream Pie



### Crust:

- 2¼ cups finely crushed chocolate sandwich cookies, such as Oreos (about 24 cookies)
- ¼ cup unsalted butter, melted

### Filling:

- 1 package (8-ounce) cream cheese, softened
  - 1 cup marshmallow crème, such as Marshmallow Fluff
  - 1 cup heavy whipping cream
  - 1½ cups lightly crushed chocolate sandwich cookies, such as Oreos (about 12 cookies)
- Optional: Cool Whip or whipping cream to top pie

Preheat oven to 350 degrees.

For crust: In a medium bowl, stir together crushed cookies and melted butter until combined. Using the bottom of a measuring cup, press mixture into bottom and up sides of a 9-inch pie plate. Bake until set, approximately 12 minutes. Let cool completely on a wire rack.

For filling: In a large bowl, beat cream cheese and marshmallow crème at medium speed with an electric mixer until smooth. In a medium bowl, beat cream until stiff peaks form, approximately 4 minutes.

Gently fold whipped cream into cream cheese mixture; stir in crushed cookies. Spread filling into cooled crust, smoothing top with an offset spatula. Refrigerate at least 4 hours. Top with sweetened whipped cream and cookie before serving, if desired.

## Cornbread-Topped Chicken Pot Pie

### Filling:

- 1 package (14 ounce) frozen mixed vegetables
- ¼ cup butter
- ½ cup chopped onion
- 1 cup chicken broth or 1 chicken bouillon cube dissolved in 1 cup water
- ½ teaspoon salt, plus additional to taste
- ¼ teaspoon ground black pepper, plus additional to taste
- 3 tablespoons all-purpose flour
- 2 cups heavy whipping cream
- 2 cups cubed cooked chicken

### Cornbread topping:

- 1 cup yellow or white cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup whole milk
- ¼ cup butter, melted and cooled
- 2 large eggs
- 1 cup shredded Cheddar cheese
- 1 can (15.25 ounce) corn, drained

Preheat oven to 400 degrees. Spray a 13-by-9-inch baking dish or individual baking dishes with nonstick cooking spray. Set aside.

For filling: In a large saucepan, place frozen vegetables; add water to cover. Bring to boil over medium-high heat, and cook just until tender, 5 to 10 minutes. Drain vegeta-



bles, and place in a large bowl. Set aside.

In a small saucepan, melt butter over medium heat. Add onion; sauté until just barely tender, 2 to 3 minutes. Add broth, salt, pepper and flour, stirring until well combined. Add cream and cook, stirring constantly, until mixture has thickened, 5 to 10 minutes. Remove from heat, pour mixture over vegetables. Stir in chicken. Taste filling; adjust seasoning, if desired. Spoon vegetable mixture in bottom of prepared pan. Set aside.

For topping: In a large bowl, place cornmeal, flour, sugar, baking powder and salt; stir to combine. Add milk, melted butter and eggs, stirring until mixture is smooth. Stir in cheese and corn. Spoon cornbread mixture over filling, spreading to edges.

Bake until cornbread is lightly browned on top, approximately 20 minutes. Serve hot.

*Yield: 4 to 6 servings.*

## From Your Kitchen

### Apple Pie Bread Pudding

- 1 long loaf white bread (toasted and cubed)
  - 1 cup whole milk
  - 1 can (14-ounce) sweet condensed milk
  - 1 cup dried cranberries (soak in ½ cup sugar and ½ cup warm water until re-hydrated)
  - 1 can (10-ounce) pineapple tidbits, including juice
  - 2 cans apple pie filling (cut apples in small bite-size pieces)
  - 2 tablespoons cinnamon
  - 2 tablespoons vanilla
  - 1 cup brown sugar
  - 2 sticks butter
- (Optional: caramel syrup, Cool Whip or vanilla ice cream)

Mix ingredients (except butter) and place in two greased 9-by-13-inch pans, loosely placed so bread will have a crunchy texture. Melt butter and drizzle on top of pudding in each pan.

Bake at 375 degrees for 30–40 minutes, until brown. Serve hot, with choice of topping (optional).

*Serves 15.*

*Jan Gillikin of Harkers Island, a member of Carteret Craven Electric Cooperative*

### Send Us Your Recipes

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